Abstract of the Disclosure

A method of assisting a person in a lifestyle control program conducive to good health, by storing in a database lifestyle data from a statistically large group of persons, and the correlation of such lifestyle data to good health;

5   collecting, in a personal logging device for the person, corresponding lifestyle data of the respective person; feeding the collected lifestyle data from the personal logging device of the person to the database; performing a statistical analysis of the lifestyle data collected from the respective person, with respect to said lifestyle data of the group stored in the database, to produce an output

10   including correlations of the lifestyle data collected from respective persons to good health; and feeding back to the person health-promoting information based on the correlations.